

APRIL 2015 OPTIMUM HEALTH

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RIGHT
FOR YOU?

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MULTI-TASKING
IS BAD FOR
YOUR HEALTH

GUIDELINES
FOR
PREGNANT
EXERCISERS

ABSINTHE
MAKES
THE HEART
GROW
FONDER



(OH WOW!)

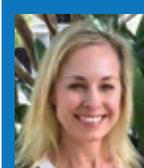
ABSINTHE

ATHLETICISM FOR ADULTS

*Toni Krasicki talks to the highly skilled acrobats behind the awe-inspiring hand balancing act, in the titillating stage show called *Absinthe*.*

ABSINTHE is currently playing in the beautiful spiegel tent on the rooftop of Crown in Melbourne and will then move on to Brisbane (from 21 June), Perth (from 11 July) and Sydney (from 15 September). For more info including ticket purchases visit www.absintheaustralia.com





TONI KRASICKI

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In our fifth issue, back in December 2013 we featured the incredibly bendy Lucia Carbines who was, at the time, touring Australia with Spiegelworld's *EMPIRE* stage show. Her incredible character 'Miss A in a Bubble' wooed audiences, who were transfixed as she twisted and folded her body into unimaginable positions while suspended in a plastic bubble above the stage.

This year Spiegelworld is back with yet another jaw-dropping production, the raunchy and titillating *ABSINTHE*. Inspired by the absinthe-drenched cabarets of late-19th Century Europe, the show made headlines when it opened in Las Vegas in 2011. Since then it has had a permanent home in the forecourt of Caesars Palace on The Strip.

For those who aren't up to speed with the likes of Spiegelworld, it's the Cirque du Soleil for adults: sexy, erotic and highly suggestive. Its cabaret style entertainment, infused with seductive burlesque and the physical strength and precision of acrobatic circus acts. Even the Spiegeltent (a Belgian-style wood and canvas tent decorated with bevelled mirrors and stained glass), oozes with the promise of something really unique. Despite seating 700, the venue is an intimate space where the audience can get up-close and personal to the performers and what's happening on stage.

Headlined by an international troupe of gymnasts, burlesque dancers, comics and actors, the show entralls even the most discerning audience member.

Hosts, 'Gazillionaire' and sidekick 'Penny Pibbets' are joined by the intoxicating and seductive vocals of the 'Green Fairy'. Several of the outstanding acts currently featured in the Las Vegas production plus additional new surprises such as Angie Sylvia's dangerous Fire Burlesque act from Sweden (previously never performed before in *ABSINTHE*) make this production one that should not be missed.

Polish artists Michal Nowosadko and Zbigniew Sobierajski perform the Hand Balance (Duo Creative), in which they display astonishing strength and grace in a hand-to-hand balancing act where they strike indescribable poses using sheer physical strength, concentration and willpower. Meeting at the 'DKS' Warsaw Sports Club, the men scooped up a bundle of medals in competitions for the Men's Pair and Men's Four categories, before deciding to runaway and 'join the circus!'.

'One day we just decided that we would like to try something new,' says Michal of their move into the entertainment industry. 'We spent a lot of time talking about the theory of our elements and then we started to put all our knowledge into practice. With time, we built trust and we now know that we can rely on each other.'

On average, the acts in *ABSINTHE* run from five to ten minutes, plus training and warm up, so it's not surprising to hear that injuries are commonplace. Michal believes it's the warm up and the ability of the duo to remain focused, that prevents any major disasters. 'We always try to take care of ourselves and treat our body very well,' he explains. 'We are passionate about living a healthy lifestyle, so in many cases we react much before an injury can occur. However, every single muscle is involved, so mostly when we suffer it is just from overall overtraining.'

You would think that the jaw-dropping displays of strength, precision and impressive flexibility, is surely only bestowed on a few mere mortals. But the duo believe otherwise. 'Anybody can be an acrobat. But there are some rules that you always need to follow. For example, there are many small steps you need to take before achieving your overall goal. This, as well as a solid work ethic and an iron will to succeed.'

Both Michal and Zbigniew are excited about the Australian tour saying it was always their dream to visit. 'We are amazed about the people and nature in Australia. So far we can truly say that this is the best place in the whole world where we have toured.' **OH!**

Photos (including cover image) by Mark Turner.

